

# TEACCH TIPS

## Structuring School Breaks



With Spring Break nearing for many schools, changes in routine, expectations and scheduling can throw many of us off. For individuals with ASD, this may be a challenging transition. Here are some ideas for structuring your child's break to ease with those transitions.



### *Maintaining Routines*

It is easy for us to get on different sleep schedules when on a school break, which can result in difficulty readjusting back to the school schedule and routine. Try and keep the same routines you typically have during the school week when possible. This includes waking up and getting ready, bath time, meals, and going to bed at the same time.

### *Preparing for Change*

Prepare your child for changes in activity with warnings, visuals describing the place, and/or social narratives.

Set up some structured activities in which your child will know what to do, how to do it, when it's all done, and what comes next. Structured activities can be fun, play-based activities and/or focus on skills they need to maintain while away from school.

### *Schedules*

If your child uses a schedule at school or in other places, try and set up a schedule for your time during the break. The schedule can be general, if needed, so there is still flexibility in the day. The schedule should show the child where they'll be, what they'll be doing, and what happens afterward. If you're able to, try and let your child have some choice in the activities they'll be doing.



### *When Break Is All Done...*

Try using a check off list or calendar to show your child how long they'll be on break and when they return to school. Transitioning back after a break can often be challenging, so preparing them for that day back in school is very important. Again, maintain any routines you usually have and use visual supports and schedules.